

Interscholastic



Notes and Updates

Classification Survey—All Principals and Athletic Directors were e-mailed a survey on Monday, December 2, 2019 asking for input to help direct the Classification Committee in their work for the 2021-2022 classification cycle. We ask that each high school submit one response after the administration has discussed the survey. All responses are due by January 3, 2020 for work at the next Classification Committee meeting.

Eighth Graders and High School Practices—Schools are reminded that eighth grade students are not permitted to practice with high school teams. This is true for the individual sports (wrestling, indoor track, etc.) as well as team sports (basketball, ice hockey, etc.). The only exception to this policy is for schools with fewer than 60 boys or 60 girls. In these schools, eighth graders may practice and play with the high school team in the team sports of field hockey, football, soccer, volleyball, basketball, ice hockey, baseball, softball, and lacrosse. Under no circumstances, may eighth graders practice or compete on high school cross country, golf, skiing, swimming, wrestling, tennis, or indoor or outdoor track teams.

Individuals Competing with a Cooperative Team—A minimal number of individuals may compete along side another school in the sports of skiing, swimming, indoor track, and wrestling. Principals of both schools must approve the arrangement by filing the Cooperative Individual Form with the Maine Principals' Association before the start of the winter season on December 6, 2019. The school where the individual is enrolled (sending school) is responsible for registering the athlete's eligibility on the appropriate online form. The sending school is also responsible for putting the receiving school's coach on its coaches' eligibility list. The sending school is not required to submit a schedule.

The school receiving the individual on its team is responsible for filing the team's schedule. Individuals must practice and attend contests with their cooperative teams.

Ice Hockey—Ice hockey schools hosting a varsity contest must have the athletic director, administrator, or designee in attendance at all games. The school's representative must notify the arena management and officials who the school's representative is prior to the contest.

Transfer Waivers—A transfer waiver is required for all students who transfer into a school without a corresponding change of address for both the student and parent. This includes students on superintendents' agreements and those placed when the Commissioner of Education overruled the superintendents' denial or the State Board of Education.

Updating Bulletins—Athletic administrators and coaches should be aware that athletic bulletins may be updated right up to the championships of each sport season. Therefore, to make sure that you have the latest version, please download the bulletins immediately before the appropriate season and again prior to the championship.

Cheerleading Copyright Compliance Form—Again this season, schools must submit the 2020 Music Copyright Compliance Form prior to the regional competition. Please e-mail the form to Tammy at tmcnear@mpa.cc or fax—622-1513. Please click [HERE](#) to access the form.

Indoor Track Fee—A school that requests a change in entries after the final seedings have been posted will be assessed a fee of \$75.00.

MPA Hall of Excellence

Nominations are now being accepted for the 2020 class of the *MPA Hall of Excellence*. If you have had an athlete, a coach, or an administrator that has had a significant impact on high school activities in Maine, please consider nominating that individual. Also, consider outstanding officials, adjudicators, media, or health care providers that may have had a similar type of impact.

Click [HERE](#) to access the *MPA Hall of Excellence* materials.

National A.D.'s Conference

On December 13-17, 2019, Gaylord National Resort & Convention Center, National Harbor in Maryland will be the site of the 50th National Athletic Directors Conference.

The National Athletic Directors Conference, sponsored by the National Federation of State High School Associations (NFHS) and the National Interscholastic Athletic Administrators Association (NIAAA), is the single premier conference that provides an outstanding educational in-service program for athletic administrators. This first class conference features professional speakers and an exhibit show with more than 200 exhibitors, as well as authoritative athletic administrators who willingly share their experience and expertise on a variety of topics. Leadership training courses are also offered. For more information visit: <http://www.adconference.org>.

MPA Salutes Fall Champions

Class	Champion	Runner-up	Class	Champion	Runner-up
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Cross Country

A Boys	Mt. Ararat	Bangor
A Girls	Bonny Eagle	Falmouth
B Boys	Greely	York
B Girls	Greely	MDI
C Boys	Maine Coast Waldorf	Orono
C Girls	Maine Coast Waldorf	Maranacook

Cross Country Wheelchair Boys

Jonathan Schomaker, Leavitt

Field Hockey

A	Skowhegan	Biddeford
B	Winslow	York
C	Foxcroft	Winthrop

Football

8-Man	Mt. Ararat	Old Orchard
A	Bonny Eagle	Thornton
B	Marshwood	Brunswick
C	Leavitt	MCI
D	Lisbon/St. Dominic	Bucksport

Cross Country Individual Boys

A	1. Lisandro Berry-Gaviria, Mt. Ararat 2. Will Shaughnessy, Brunswick
B	1. Jack Bassett, Cape Elizabeth 2. Jarrett Gulden, Lincoln
C	1. Will Perkins, Boothbay-Wiscasset 2. Aidan Laviolette, Lisbon

Cross Country Individual Girls

A	1. Sophie Matson, Falmouth 2. Karley Piers, Falmouth
B	1. Lila Gaudrault, Cape Elizabeth 2. Charlotte DeGeorge, Cape Elizabeth
C	1. Olivia Reynolds, Maine Coast Waldorf 2. Kiara Audette, Traip

Golf Individual Schoolboy

A	1. Caleb Manuel, Mt. Ararat 2. Bennett Berg, Portland
B	1. Tyler Rivers, York 2. Jonathan Donovan, York 2. Brandon Bearce, Waterville (Tie)
C	1. Mitch Tarrio, Kents Hill 2. Neil Larochelle, St. Dominic 2. Isaac Vega, Houlton (Tie)

Golf (Team)

A	Mt. Ararat	Greely
B	York	Freeport
C	Kents Hill	Orono

Soccer

A Boys	Falmouth	Lewiston
A Girls	Camden	Scarborough
B Boys	Yarmouth	Caribou
B Girls	Cape Elizabeth	Hermon
C Boys	Waynflete	Mt. View
C Girls	Traip	Fort Kent
D Boys	Central Aroostook	NYA
D Girls	North Yarmouth	Penobscot

Volleyball

A	Falmouth	Scarborough
B	Yarmouth	Cape Elizabeth
C	Woodland	Calais

Golf Individual School Girl

1. Ruby Haylock, Leavitt 1. Morghan Dutil, Leavitt (Tie)

Ski Championship Changes

There has been a change in the Alpine Ski Championships for 2019-2020. The Ski Committee worked to avoid having students out of school more than is necessary, but could not find a match with the venues that accommodated both Classes A and B.

Because of this, the Class A Alpine Championships will be at Shawnee Peak on Thursday, February 13 and Friday, February 14. Class B Alpine will be at Black Mountain on Wednesday, February 19 and Thursday, February 20. The combined Nordic Championships for Classes A, B and C will remain at Titcomb Mountain on Monday, February 17 and Tuesday, February 18.

8-Man Football Update

All football schools will receive a memo from the MPA Football Committee asking them to notify Tammy McNear (tmcnear@mpa.cc) at the MPA if they wish to participate in 8-man football for the 2020 season.

There is currently not a restriction based on a school's enrollment but the projected roster size should be no larger than 25-30 athletes.

Wireless Microphones and FCC Bandwidth Information

There will be an upcoming change in the FCC bandwidth that could affect school wireless microphone systems. By 2020, wireless microphones in the 600 MHz and 700 MHz bands will be reduced due to the sale of these frequencies to wireless service providers. Below is a link with the FCC information.

Some microphone companies are offering rebates to upgrade microphone systems that will be affected.

For more information click [HERE](#).

2020 MPA Winter Championships

Sport	Regional Date	North Location	South Location	State Date	Location
Cheering	01/25/20	Cross Insurance Center—Bangor Classes B-C North ~~~~~ Class D - North and South	Augusta Civic Center A.M.—Classes B South and A North P.M.—Class C South and A South	02/08/20	Augusta Civic Center
Girls' Ice Hockey	02/12/20	William B. Trough Ice Arena, Portland	William B. Trough Ice Arena, Portland	02/15/20	Androscoggin Bank Colisee, Lewiston
Basketball	02/14-22/20	Cross Insurance Arena, Portland Class AA ~~~~~ Augusta Civic Center Class A ~~~~~ Cross Insurance Center, Bangor Classes B, C, D North	Cross Insurance Arena, Portland Class AA ~~~~~ Expo and Cross Insurance Arena, Portland Classes A, B ~~~~~ Augusta Civic Center Classes C, D	02/28/20	Cross Insurance Center, Bangor ~ Class B
				02/29/20	Cross Arena, Portland ~ Classes AA and A
				02/29/20	Augusta Civic Center ~ Classes C and D
Swim	N/A	N/A	N/A	02/15/20	University of Maine Class A - Boys ~~~~~
				02/17/20	University of Maine Class A - Girls
Swim	N/A	N/A	N/A	02/17/20	Bowdoin College Class B - Girls ~~~~~
				02/18/20	Bowdoin College Class B - Boys
Ski	N/A	N/A	N/A	2/13-14, 2020	Class A Alpine—Shawnee Peak ~~~~~
				2/17-18, 2020	Classes A, B and C Nordic—Titcomb Mountain ~~~~~
				2/19-20, 2020	Class B Alpine—Black Mountain
Wrestling	02/8/20	Class AN - Oxford Hills Comprehensive High School ~~~~~ Class BN - Caribou High School	Class AS - Massabesic High School ~~~~~ Class BS - Medomak Valley High School	02/15/20	Class A - Sanford High School Class B - Fryeburg Academy
				02/19/20	Girls Individual Championship, Windham High School
				02/21/20	Team Duals: Class A - Skowhegan Area High School and Class B - Penobscot Valley High School
Indoor Track	N/A	N/A	N/A	02/15/20	Class B - Bates College ~~~~~
				02/17/20	Class A - USM
Boys' Ice Hockey	03/04/20	Class B North UM	Class B South Androscoggin Bank Colisee	03/07/19	Classes A and B Androscoggin Bank Colisee

Required Video for Player Ejections

There is a new requirement for all players ejected from a contest. All players ejected from a contest must view the NFHS Sportsmanship Video on NFHS Learn <https://nfhslearn.com/courses> prior to returning to play. This is a similar requirement to having ejected coaches view the Teaching and Modeling Behavior course prior to a return to coaching. The Sportsmanship Committee endorsed

the change and was approved by the Interscholastic Management Committee last spring. At the MPA Fall Conference it was approved by the membership at the Interscholastic Business Meeting. Please have any ejected players fulfill this requirement prior to returning to game action moving forward.

Thank you!

The MPA would like to thank administrators and staff of member schools that hosted regional and state championship games this past fall. Your willingness to make your facilities available for these games allows us to be able to sponsor these championships and without your help we would not exist! THANK YOU.

Fall 2019 Sportsmanship Banners

Golf

- A—Oxford Hills Comp. High School
- B—Hermon High School and Ellsworth High School (Tie)
- C—Old Orchard Beach High School

Volleyball

- A—Brunswick/Mt. Ararat High Schools
- B—Mount Desert Island High School
- C—Machias Memorial High School

Cross Country (Boys)

- AN—Mt. Blue High School
- AS—Bonny Eagle High School
- BN—Old Town High School
- BS—Lincoln Academy
- CN—Orono High School
- CS—Dirigo High School

Cross Country (Girls)

- AN—Mt. Blue High School
- AS—Marshwood High School
- BN—Medomak Valley High School
- BS—Lincoln Academy
- CN—Orono High School
- CS—Winthrop High School

Field Hockey

- AN—Hampden Academy
- AS—Kennebunk High School
- BN—Erskine Academy
- BS—Morse High School
- CN—Central High School
- CS—Telstar Regional High School

Football

- 8-MAN LARGE—Maranacook
- 8-MAN SMALL—Old Orchard Beach High School

- A—Bangor High School
- BN—Hampden Academy
- BS—Gorham High School
- CN—Medomak Valley High School
- CS—Leavitt Area High School
- DN—Dexter Regional High School and Foxcroft Academy (Tie)
- DS—Lisbon High School

Soccer (Boys)

- AN—Mt. Blue High School
- AS—Sanford High School
- BN—Old Town High School
- BS—Leavitt Area High School
- CN—Mattanawcook Academy
- CS—Spruce Mountain High School
- DN—Southern Aroostook Community School
- DS—Greater Portland Christian Academy

Soccer (Girls)

- AN—Cony Middle/High School
- AS—Westbrook High School
- BN—Lawrence High School
- BS—Fryeburg Academy and Morse High School (Tie)
- CN—Lee Academy
- CS—Dirigo High School
- DN—Deer Isle-Stonington Jr./Sr. High School
- DS—Searsport District High School

Basketball Rules Video

All basketball coaches, head coaches, and assistant coaches must complete the online rules meeting prior to Friday, December 6, the opening date of the season.

2020 Unified Basketball

Schedules for the 2020 season are due to the MPA office by Friday, December 20, 2019. For more information regarding a schedule, please contact David Shapiro at dshapiro@msad51.org.

As we prepare for another season of Unified Basketball, there has been a change made for the 2019-2020 season by the Unified Sports Committee. The committee has voted to suspend the playoffs in Unified Basketball for the next two years. The recommendation was made as Maine plays under the Special Olympics Player Development Model. It was felt that under this model the playoffs bring an extra competitive atmosphere that is not present during the regular season. With no playoffs this year, we will not be keeping Heal Points and we are looking for schools to host regional year end festivals.

If your school can host a festival for three or more schools, please email Mike Bisson (mbisson@mpa.cc) with interest in hosting. Please include how many teams you can host and what dates are available.

MPA Mission Statement

To assure a quality education for all students, the Maine Principals' Association will:

- (1) promote the principalship;
- (2) support principals as educational leaders; and
- (3) promote and administer interscholastic activities in grades 9-12.

Ski Helmet Rule

The Ski Committee has revised the helmet rule to align with the USSA/FIS rule for similar age groups. The revised rule is below and will be updated in the Alpine Ski Rule Book and Bulletin.

Teams/skiers entered in the Giant Slalom and Slalom races are **REQUIRED** to wear undamaged hard shell helmets following the USSA/FIS Helmet Regulations. Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all USSA events and



official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. The CE mark (pictured here) shall be affixed in a non-removable way on the

back of the helmet in a visible location not covered by the goggle strap.

All participants in MPA races must use helmets that meet the new FIS standards for all MPA GS competitions.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick

out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL. Helmet mounted cameras are not allowed on helmets in official training or competition. The MPA does not wish for officials to disqualify or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts, or other applications.

The MPA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. The MPA undertakes no responsibility, liability, or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

What Image Does Your P.A. Announcer Project?

"A P.A. announcer is not a cheerleader, or a circus barker, or a hometown screecher. He's a reporter."

—Bob Sheppard, Stadium Announcer,
New York Yankees, 1951-2007

All too often in high school gyms across the country we are hearing what Bob Sheppard described as "a cheerleader, or a circus barker, or a hometown screecher." Over the years it seems that the "call of the game" has taken on the role of glorifying the home team while ignoring or minimizing the effort of the away team. It seems that many announcers are attempting to call the attention to themselves rather than to the game being played on the court.

Rather than being "public address" announcers it is important for those individuals to recognize that they are part of the game's crew of officials, just like the play-clock operators and the official scorer. The focus should be on presenting the game in a positive, sportsmanlike manner, treating both teams with equal respect, reporting the facts of the game in an even-handed professional manner.

Athletics at the high school level is about sportsmanship, values, and respect and it is the job of the announcer to enhance the experience not entice or incite the crowd.

AED Checklist

Sudden Cardiac Arrest is the number one cause of sudden death in student-athletes during an activity. It is of utmost importance that access to an AED is available. Below is a simple checklist to be sure you are prepared:

- ◆ The AED is easily accessible during practices and games. Each minute defibrillation is delayed the chance of survival decreases by 10%. The AED should never be in a locked area where it may not be retrieved.
- ◆ Assure that all coaches, both paid and volunteer, have been properly certified in CPR and AED use.
- ◆ The AED has been checked and is working and the pads and batteries have not expired.
- ◆ That there is an Emergency Action Plan in place and that the plan has been practiced by each team.
- ◆ That should there be a cardiac emergency there has been a person designated to retrieve the AED as quickly as possible.

CALL THE MPA HELP LINE

(207-622-0217)

*We are here to help you and
answer questions!*

Extensions:

Mike Burnham-125
Holly Couturier-126
Mike Bisson-141
Patty Newman - 130
Tammy McNear-122
Diane Patnaude - 127

Postponement or Rescheduling of Athletic Contests

It is inevitable that during a season one will have to cancel or postpone an event. **Communication** and **Advanced Planning** are the greatest assets for facilitating change. Each school / league should have a pre-developed checklist for administering reschedules.

Cancellations / Postponements could be caused by:

- Weather conditions (facilities or travel conditions),
- School functions requiring a change,
- Any safety concerns,
- Local, state or national crisis,
- A death involving personnel associated with the team and or school,
- An epidemic, or
- Spread of communicable disease impacting individuals.

The Maine Principals' Association policy states "Schools will utilize the next mutually available date for the purposes of making up the postponement."

School administrators should consider the following before rescheduling:

- Make decisions in a timely manner,
- Contact opponents to understand all possible conflicts / adjustments necessary before rescheduling,
- Communicate with facilities management and transportation departments,
- Check with assignor for official availability,
- Have a postponement / cancellation checklist that includes the following: (Timers, scorers, ticket takers, game management, security, boosters, etc...), or
- Use of technology a must (e-mail, website, electronic messages).

MPA Tournament Events:

- All MPA Tournament events are listed in the sport specific MPA Bulletins. Each bulletin will describe the policy / procedures for rescheduling if necessary. (Online – mpa.cc)
- Call committee Chair
- Call assignor if necessary.

Possible Solutions:

- Change times (earlier / later),
- Change sites (Home / Away / Neutral),
- Head Coach can't be present (use assistant coaches or appoint a person),
- Know area facilities (turf fields, lights),
- Consider indoors if applicable - Tennis,
- In sports where you can – play double headers,
- Eliminate sub-varsity to get varsity contests in,
- Utilize sub-varsity players to complete a varsity roster for a contest,
- Consult colleagues,
- Always schedule within the next 24 hours, or
- In an event (wrestling) that may have a dual, tri quad or greater number of schools competing, know that one can not add schools at the last minute due to the change.

NFHS Medical Release Form For Wrestler to Participate with Skin Lesion(s)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model for the 2019-2020 season. The Skin Lesion Form has been posted on the Maine Principals' Association website under Interscholastic Activities and Committees, Wrestling, then Forms. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also believes that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long-term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms." Consistent use of these guidelines should reduce the likelihood of wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

Participating in Cold Weather: Minimizing the Risk of Injuries

By Lynne Young on November 15, 2018

With temperatures decreasing and winter sports on the horizon, schools should begin to consider the best ways to prevent cold weather injuries. In addition to becoming familiar with environmental and non-environmental risk factors, schools should consider strategies for preventing and treating cold-weather injuries, as well as the school's emergency action plan, policies and procedures regarding training in cold weather. Making sure that coaches and athletes are equipped with all the necessary information is key to being prepared for a successful winter season.

Understanding that cold temperatures negatively affect the body's regulatory system and that freezing temperatures are not required for athletes to sustain cold-related injuries are important to avoiding injuries and optimizing training conditions for athletes. In addition, windy and wet conditions increase the risk for cold-weather injuries.

Wind chill is the estimate of heat loss based on temperature and wind speeds. A lower wind chill may increase the rate of cold-weather concerns. Understanding how the body loses heat and the collaborative effect of temperature and wind/wet conditions are crucial to preventing cold-weather injuries.

The body loses heat through four mechanisms: evaporation, radiation, conduction and convection. Evaporation accounts for 15 to 25 percent of heat loss and occurs through sweating and respiration. Radiation is the normal process of heat moving away from the body. Increased blood flow to the skin's surface combined with exposed skin can account for 50 to 65 percent of all heat losses from the body, with the most common places being the head, face, hands and neck.

Conduction is heat loss through direct contact with a cold surface. Sitting down in snow, ice or immersing in water for long periods of time causes heat loss until both the body and ground are the same temperature. Finally, convection is heat loss through the movement of air and/or water across the skin. Approximately 15 percent of heat loss is from convection and conduction; however, environmental factors such as snow, rain and high air speed in addition to inadequate clothing can increase this type of loss dramatically.

These four heat loss mechanisms are natural cooling processes that can become deadly in cold-weather sports without proper clothing, protection and awareness.

What are cold-weather injuries?

There are three categories used to classify cold-weather injuries: hypothermia, freezing-tissue injuries of the extremities and non-freezing injuries of the extremities.

Hypothermia occurs when the body is unable to maintain its core temperature and falls below 95 degrees (35C). This can occur quickly within a few hours or gradually over days and weeks. Conditions that may lead to hypothermia are cold temperatures, insufficient attire (clothing and equipment), wetness, poor nutrition, duration of event and exposed/uncovered skin.

Initially, individuals may feel cold, begin to shiver and be unable to perform motor function resulting in impaired athletic and mental performance. Early recognition of these symptoms is key to preventing more severe hypothermia. If early symptoms of hypothermia are not recognized or treated, the core temperature will continue to decrease.

More severe hypothermia symptoms include slurred speech,

increased shivering, motor and coordination difficulties, and irrational behavior. The body's inability to maintain a normal core temperature can affect the brain and nervous system, cardiovascular system, respiratory system and renal system, leading to cardiac and respiratory failure. If not treated quickly and appropriately, hypothermia can lead to death.

How to treat: Remove wet or damp clothing and insulate the individual with warm dry clothing and blankets. If possible, move the individual to a warm environment protecting them from further cold temperatures, wind and rain.

Frostbite occurs when tissues freeze. There are three distinct phases: frostnip, mild frostbite and deep frostbite. Frostnip is the stage prior to frostbite and occurs when the superficial skin cools below 50 degrees (10C). The skin becomes cold and red, and individuals feel a tingling painful sensation. Frostnip usually occurs in the nose, ears, cheeks, fingers and toes and does not cause long-term damage.

Mild/superficial frostbite occurs when skin temperature drops below 28 degrees (-2C) and superficial tissues freeze. Skin appears reddened initially and turns white or pale. Individuals may experience stinging, burning and swelling at the injury site. A

Continued on Page 8

NFHS Medical Release Form for Wrestler to Participate with Skin Lesion(s) . . . (Continued from Page 6)

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

Participating in Cold Weather: Minimizing the Rise of Injuries . . . (Continued from Page 7)

fluid-filled blister may appear 12 to 36 hours after rewarming.

Deep/severe frostbite occurs when deep layers of skin are affected. Skin appears white or blueish gray and individuals experience numbness. Large blisters may form 24-48 hours after rewarming. The area will later turn black and hard as tissue dies. Medical attention for frostbite is necessary when there are signs and symptoms of superficial or deep frostbite. Gently rewarm the area initially by wrapping the affected area in warm clothing. Do not rub the area.

Chilblain is a nonfreezing cold injury characterized by small itchy swellings on the skin that occur as a reaction to cold temperatures. Symptoms include the presence of small red bumps, swelling, tenderness, itching and pain. Treatment includes removing any wet or constrictive clothing and cover with dry warm clothing.

What are the risk factors for cold-weather injuries? Non-environmental: Athletes can be predisposed to cold-weather injuries prior to going outside. Consider these risk factors for increased susceptibility to cold-weather injuries: nutrition and hydration, age, medications, body size and composition, fitness level, and clothing. Certain medical conditions may predispose individuals to cold injuries, including exercise-induced bronchospasm, Raynaud syndrome and cardiovascular disease. Environmental: Environmental conditions such as cold temperatures and weather conditions can put added stress on the body. Prior to training or competing outside, review a variety of environmental conditions (air temperature, humidity, rain, snow and wind) to determine if it is safe for athletes. Wind-chill temperature index (WCT) indicates how cold a person feels when exposed to a combination of cold air and wind. The WCT is calculated through a formula, but multiple graphs and apps are available for quick reference. This index is a very useful and necessary tool to monitor the conditions individuals are exposed to during events held in colder weather. There are also guidelines for activity modification and when to postpone outdoor events. These guidelines should be included in a school's or organization's cold-weather policies and procedures and reviewed with all involved personnel.

Prevention—Emergency Action Plan: The first step in preventing cold weather injuries includes reviewing the school's Emergency Action Plan (EAP) and identifying specific cold-weather policies and procedures. The EAP should list and provide school with site-specific guidelines surrounding activities in cold weather as well as appropriate personnel to contact if there are concerns.

In addition, cold-weather policies and procedures provide specific information regarding cold-weather injuries and concerns most common in your local area, as well as identifiers to prevent injury and ensure safest participation for those involved.

Identify Risk Factors: Preparticipation exams aid in identifying individuals with a previous history of cold-weather injuries and/or known risk factors.

Education: Prior to the sport season, individuals should be educated on prevention, risks associated with cold-environment activity, and early recognition and treatment of cold injury.

Nutrition: Proper nutrition and hydration is equally important in cold-weather activities as training in cold-weather environments places an added stress on the body. Encouraging proper nutrition and hydration is key to maintaining optimal performance in cold-weather sports. Exposure to cold and shivering in

an activity is fueled mostly by glycogen. This results in additional carbohydrate and caloric demands for participants.

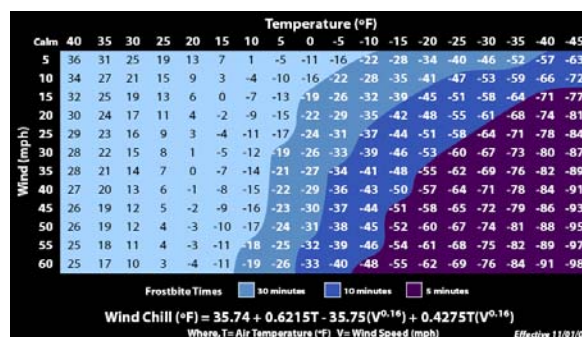
Athletes are more prone to dehydration in cold-weather sports as the thirst reflex and desire to drink liquids may be lowered even though the hydration needs remain the same as training in optimal temperatures. Pre-practice/event and post-practice/event hydration is important and should focus on carbohydrate-based snacks. Depending on the outdoor winter activity, warm liquids served during a short break in activity can help rewarm the body from the inside out.

Clothing: Wearing sufficient layers of clothing around the body core is one of the most important considerations for preventing cold-weather injuries and should not be overlooked. Participants should wear appropriate attire for the conditions: long insulated pants, long-sleeve insulated shirt, gloves, face and ear protection, and socks that take the moisture away from the skin. Inner clothing layers should wick sweat and moisture away from the body and top layers should act as insulators, trapping heat and blocking the wind.

If athletes become wet during training or during competition, early recognition and intervention is important to preventing more advanced and dangerous stages of hypothermia. Immediately remove the athlete from the cold, take off the wet clothing and began rewarming the body slowly. Do not allow athletes to train for extended periods of time in wet clothing in cold weather.

Conclusion—Outdoor conditions can change rapidly, altering and shifting the body's thermal balance and increasing the risk of cold-weather injuries. It is vital for administrators, coaches, athletes and their medical personnel to work together on prevention of cold-weather injuries. They should be aware of environmental conditions and risk factors; have an established and rehearsed EAP; ensure proper competition training, nutrition and clothing recommendations; and be willing to postpone or shorten events if weather factors indicate it is necessary. School leaders should take the time to discuss and implement some of these best-practice guidelines for cold-weather sports because the safety of participants should always be the top priority.

References—Sallis R. Chassay C.M. Recognizing and treating common cold-induced injury in outdoor sports. *Med Sci Sports Exerc.* 1999;31 (10): 1367-1373; Cappaert, Thomas A, et al. National Athletic Trainers' Association Position Statement: Environmental Cold Injuries. *Journal of Athletic Training.* 2008;43(6):640-658; Keller, Cary S. Guidelines for Competition in the Cold. *NFHS High School Today.* July 28, 2014; Castellani J.W, Young A.J, Ducharme M.B, Giesbrecht G.G, Glickman E, Sallis R.E. American College of Sports Medicine position stand: prevention of cold injuries during exercise. *Med Sci Sports Exerc.* 2006;38(11):2012-2029.





**January 18th, 2020 Thomas College will be
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ALL OF THE PROCEEDS ARE DONATED TO THE SPECIAL OLYMPICS OF MAINE

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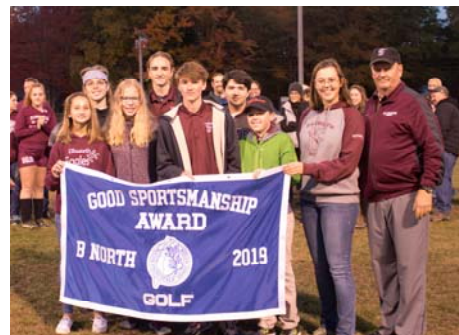
2019 Fall Good Sportsmanship Winners



*Class C * Old Orchard Beach High School*

GOLF

Ellsworth High School



*Class B * Hermon High School
and Ellsworth High School (Tie)*

Hermon High School



*Photo Not Available—
Class A * Oxford Hills
Comprehensive High School*

2019 Fall Good Sportsmanship Winners. . . Continued



*Class A North * Mt. Blue High School*



*Class B South * Lincoln Academy*



*Class B North * Old Town High School*



*Class A South * Bonny Eagle High School*

Boys Cross Country

run



*Class C North * Orono High School*

Girls Cross Country



*Class A North * Mt. Blue High School*



*Class C South * Dirigo High School*



*Class A South * Marshwood High School*



*Class B North * Medomak Valley High School*



*Class C North * Orono High School*

*Class B South * Lincoln Academy*



*Class C South * Winthrop High School*



2019 Fall Good Sportsmanship Winners . . . Continued



*Class B North * Hampden Academy*



*Class A * Bangor High School*



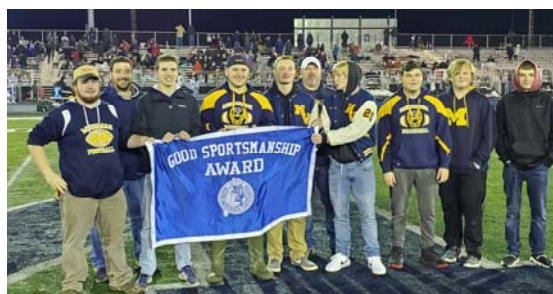
*Class B South * Gorham High School*



*Class D South * Lisbon High School*



Dexter Regional High School



*Class C North * Medomak Valley High School*



*Class C South * Leavitt Area High School*



*Class D North * Dexter Regional High School and Foxcroft Academy (Tie)*

Foxcroft Academy

*8-Man Large * Maranacook High School*



*8-Man Small * Old Orchard Beach High School*



2019 Fall Good Sportsmanship Winners . . . Continued

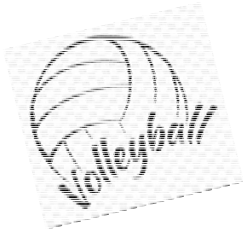
Volleyball



*Class A * Brunswick High School /
Mt. Ararat High School (Co-op Team)*



*Class B * Mount Desert Island High School*



*Class C * Machias Memorial High School*

Volleyball Champions



*Class A Champion
Falmouth High School*



*Class C Champion
Woodland Jr./Sr. High School*



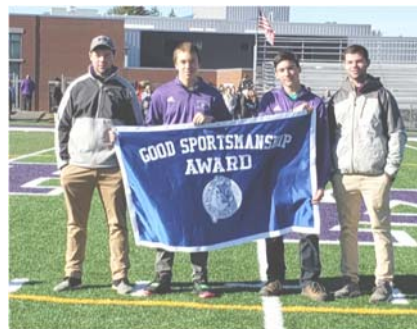
*Class B Champion
Yarmouth High School*

2019 Fall Good Sportsmanship Winners . . . Continued



*Class C North * Mattanawcook Academy*

Boys Soccer



*Class D North * Southern Aroostook Community School*



*Class B South * Leavitt Area High School*



*Class A South * Sanford High School*



*Class B North * Old Town High School*



*Class A North * Mt. Blue High School*



*Class C South * Spruce Mountain High School*



*Class D South * Greater Portland Christian Academy*

2019 Fall Good Sportsmanship Winners . . . Continued



*Class A North * Cony Middle/High School*



*Class A South * Westbrook High School*

Morse High School ↓



*Class B North * Lawrence High School*



*Class B South (Tie) * Fryeburg Academy and Morse High School*



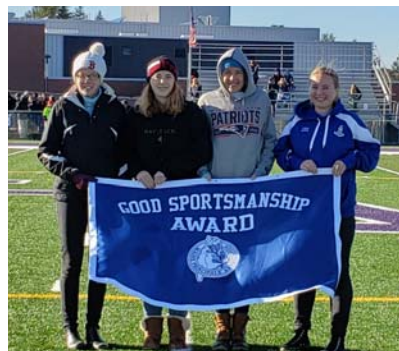
*Class C North * Lee Academy*



Fryeburg Academy ←



*Class C South * Dirigo High School*



*Class D North * Deer Isle-Stonington High School* ←

*Class D South * Searsport District High School* →



2019 Fall Good Sportsmanship Winners . . . Continued

Field Hockey



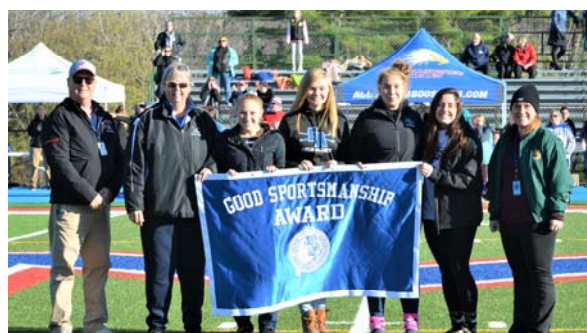
*Class B South * Morse High School*



*Class A South * Kennebunk High School*



*Class A North * Hampden Academy*



*Class B North * Erskine Academy*



*Class C North * Central High School*

Did not attend to be recognized—

*Class C South *
Telstar Regional High School*